



# Moroccan Chicken Tenders with Veggie Couscous & Fetta

**FRESH & FAST** Box to plate: 15 mins Eat me early

Grab your  
Fresh & Fast  
Meal Kit



**Nutrition Per Serving:** Energy 2037kJ (486Cal) | Protein 50.8g | Fat, total 14g - saturated 5.2g | Carbohydrate 34g - sugars 11.4g | Sodium 937mg  
**Low Calorie**

Contact us | [hello@hellofresh.com.au](mailto:hello@hellofresh.com.au)  
2020 | WK38 | W

# Get ready

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## You'll need (along with the basics)

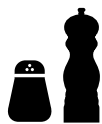


Large Frying Pan

## From the pantry



Olive Oil



Salt & Pepper

## From the cool pouch

	2P	4P
Chicken Tenderloin	1 small pkt	1 large pkt
Couscous with Roasted Vegetables	1 pkt	2 pkts
Fetta	1 block (25g)	1 block (50g)
Greek Yoghurt	1 pkt (100g)	1 pkt (200g)

## Allergens

Always read product labels for the most up-to-date allergen information. Visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## 1. Sizzle



Chicken Tenderloin



Chermoula Spice Blend



Cherry Tomatoes



Lemon

## 2. Stir



Couscous with Roasted Vegetables



Baby Spinach Leaves

## 3. Serve



Dill



Greek Yoghurt



Fetta

- Combine **chicken** and **chermoula** in a bowl. **Drizzle** with **olive oil**, **season** and toss
- Heat **olive oil** in a large frying pan over medium-high heat
- Cook **chicken** until cooked through, **3-4 mins** each side
- Transfer to a plate and set aside
- Halve **cherry tomatoes** and **lemon**

- Return frying pan to a medium-high heat with **olive oil**
- Cook **couscous**, tossing, until heated, **1 min**
- Remove pan from the heat and stir through **spinach**, **tomatoes** and a **good squeeze** of **lemon juice**
- **Season** generously

- Roughly chop the **dill**
- Plate up **couscous** and top with **chicken**
- Top with **yoghurt**, **fetta** and **dill** to serve

